

FLIGHT JACKET



New station commander posts his guidance
Page 3



Homecoming brings home nine different units
Page 4



Avionics Marines are key to mission accuracy
Page 5



5k run promotes a drug-free lifestyle
Page 9

Guidance.....	2
News.....	5
Feature.....	8
Around the Corps.....	10

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Bulk fuelers redefine ‘Gas, Gas, Gas!’



Sgt. Carlos I. Castillo (left) and Lance Cpl. Castulo Lopez decompress the fuel lines after fueling a UH-1N Huey Aug. 9, in Al Asad, Iraq. Throughout the last six months, these Marines have operated in a secluded section of the base refueling rotary and fixed wing aircraft in support Operation Iraqi Freedom with one mission in mind; provide the best fuel possible as fast as possible. Castillo and Lopez are bulk fuels specialists with Marine Wing Support Squadron 274, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing (Forward). Photo by Lance Cpl. Brandon L. Roach. SEE RELATED STORY, page 6.

Miramar earns SecNav energy award

Story by
Lance Cpl. Kaitlyn M. Scarboro
MCAS Miramar Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif. – The Secretary of the Navy announced Monday that Marine Corps Air Station Miramar took top honors and a \$30,000 prize for their efforts in energy conservation for fiscal year 2005.

The Secretary of the Navy Energy Conservation Award was created in the wake of oil shortages in the 1970s and is presented annually to Naval and Marine Corps installations, ships, aircraft squadrons, industrial facilities and other operational units who conserve the most energy under each category. Miramar won in the small shore Marine Corps installation category.

Originally, under President Clinton’s energy policy, the base was required to reduce used energy levels by 35% before the year 2010, using 1985’s recorded levels as a baseline. Last year, Miramar reduced levels by 45%.

“We met our goal and exceeded it five years early,” explained Jerry Rowlands,

Miramar energy manager with the Public Works Office.

The cash award will be used at the discretion of the station’s commanding officer to improve the quality of life on base or encourage further energy conservation or for other purposes.

The installation logistics office implemented different ways to save energy at all levels, from replacing energy guzzling buildings, changing the base heating methods from centralized to distributed heating plants, to relying on the individual Marine, sailor and civilian to turn off lights and personal computers and remove unused electronics from their barracks rooms and offices.

“The majority of our conservation comes from the individual Marine, sailor and civilian,” Rowlands said.

A new pool cover was also purchased for \$30,000 to help conserve the energy needed to reheat it in the morning after losing thermal energy over night. Rowlands estimated the cover would pay for itself in less than two months.

The Public Works Division has built more energy-conscious buildings, using different techniques to conserve while providing the usual luxuries. In hangars and large warehouses, skylights attract and use daylight, while dimming the fluorescent lights when they are not in use.

In transient quarters, occupancy sensors have been installed to monitor the temperatures, setting an energy efficient temperature in unoccupied rooms.

“We built smarter, better buildings than we had in the past,” said Rowlands.

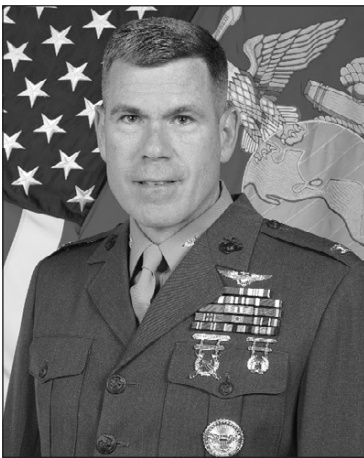
Though they have surpassed their past goals, Miramar’s energy managers have a bigger goal ahead of them.

President Bush has instated a new energy conservation policy that requires the base to meet an annual 2% decrease from 2005-2015, using 2003 as a baseline. The public works department has managed to conserve so much energy it will be a challenge for them to find areas to conserve more.

But Rowlands said his team is ready to take on the challenge.



Maj. Gen. Samuel T. Helland
Commanding General
3rd Marine Aircraft Wing



Col. Christopher E. O'Connor
Commanding Officer
MCAS Miramar

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Terrorism: Vigilance is key

Story by

Lance Cpl. Kaitlyn M. Scarboro

MCAS Miramar Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif. – “The threat from terrorists is real, it’s not going away,” said Kevin T. Kelley, Marine Corps Air Station Miramar’s Anti-Terrorism Program manager. “The importance is on us to remain prepared.”

Recently botched terrorism attempts – that made worldwide news -- reintroduced the reality that America is still a very real target. Although the events raised the alert level at airports to orange, the nation’s second highest threat level, and enabled a ban on many liquid item in carry-on luggage, Miramar commanders want to remind their Marines that awareness is the most effective means of preventing terrorism from becoming a much larger, and more deadly concern than necessary.

“The number one goal of the command is to preserve our force,” said Kelley. “Security is inconvenient but it’s the price of freedom.”

Terrorist attacks are more effective when their targets have become complacent and lazy. Attentiveness can give us

the upper hand and keep terrorism confined and controlled.

The most effective tool against terrorism is awareness. Regular commuters are the best judge of unusual conduct at a familiar intersection or on a bus. By knowing and understating the usual state of your surroundings, its much easier to spot suspicious activity.

But terrorism awareness shouldn’t be restricted to travel. Marines should pay attention to their work environments, housing complexes and recreational areas as well.

If you see a civilian walking around taking photos of a hangar or wearing a large winter coat on the flight line during the summer, you should question his intentions and how he got access to restricted areas, encouraged Kelley.

Service members should report any abnormalities to the Provost Marshal’s Office on base or the local police when out in town.

Kelley told a story of a nursery owner near base who noticed unusual calls on her phone bill. She became concerned when she realized the long distance calls were to the middle east and informed the military

police. After investigation, officials uncovered a criminal group illegally tapping her phones to avoid detection. Although it was not a terrorist plot, explained Kelley, officials would have never been aware of the crimes if the owner had not informed them of the unusual calls.

It’s important for service members to remember that because of their unique grooming regulations, it is sometimes obvious they are in the military making them targets for anti-military protestors.

“You don’t want to make it obvious that you are in the military when you are out in town,” Kelley explained. “You’re proud of what you are but you don’t necessarily want to make yourself an easy target.”

The Anti-Terrorism Program encourages individual units to continue anti-terrorism training.

Training should emphasize the need for continued vigilance and highlight the need for reporting details of any suspicious activity or behavior without regard to race or gender, according to Kelley.

“There’s a lot of unrest in the world,” he warned. “Just keep your guard up.”

Column benefits military families

Story by **Samantha L. Quigley**

American Forces Press Service

WASHINGTON - Servicemembers and their families with financial questions need look no further for the answers than a new column on the CinCHouse Web site, <http://www.cinchouse.com>.

CinCHouse and the Military Officers Association of America recently launched a new advice column for young military families addressing questions about pay and benefits, Meredith Leyva, CinCHouse founder, said.

“This is a terrific opportunity for our (Web site) visitors, who represent the youngest and newest members of the military community, to get solid advice from a trusted source,” she said. “It’s wonderful to have experts from (the association) to get them the straight scoop and clarify a lot of myths.”

The Military Officers Association of America, a nonprofit organization, is the leading voice on compensation and benefit matters for members of the military community, according to the association’s Web site.

CinCHouse is a nonprofit organization of military wives

that provides military wives and women in the military advice on managing everyday life, according to the organization’s Web site.

The group is a member of the Defense Department’s America Supports You program, which highlights grassroots and corporate support for U.S. military members and their families.

A team of association experts will take questions from a designated discussion forum on the CinCHouse Web site and via e-mail, Leyva said. The every-Monday column will provide detailed answers to those questions.

Additionally, both questions and answers will appear on CinCHouse Web site discussion forums, Leyva said. She said she hopes this will generate additional discussion of the topic as well as follow-up questions.

“Every member of the military family is an important part of the MOAA family as well,” retired Navy Vice Adm. Norb Ryan Jr., president of the Military Officers Association of America, said. “It’s all about making our servicemembers and their spouses understand how valuable they are to our country.”

Miramarks

If a Marine fails a PFT, should they be allowed to retake it?



MSgt. Wilbert E. Haverly
Training chief
H&HS

No. A Marine is required to be physically fit every day of the year and must be able to pass a PFT at any moment.



Pfc. StadTomlinson
Postal Clerk
H&HS

Yes. A Marine should be allowed to go through more physical training and try again.

Briefs

Free kids deployment kits

Thanks to Sesame Workshop, Wal-mart, the New York State Office of Mental Health and the Military Child Education Coalition, a new deployment support resource now exists to support our youngest military children. The new, FREE “Talk, Listen, Connect” bilingual deployment support kit includes: a Sesame Street DVD, a Parent/Caregiver Magazine and a children’s activity poster. To order, call 1-800-730-3805, or go online to <http://military-onesource.com>. Bulk orders are available through military OneSource to military organizations such as child development centers and family readiness groups. All materials may also be downloaded at <http://sesameworkshop.org/tlc>.

Recruiter Assistance

Recruiting Stations Salt Lake City and Twin Cities are giving Marines the chance to receive PTAD orders to assist recruiters at their substations. Marines interested in earning promotion points, Meritorious Mast, Certificates of Commendation and many other incentives should apply. Contact Staff Sgt. Velis at (801) 954-0423 for RS Salt Lake City, or Master Gunnery Sgt. Bautista at (763) 576-9049 for RS Twin Cities.

9/11 Freedom Walk

The San Diego America Supports You Freedom Walk is being held on Sept. 11, at 9 a.m. and participants will continuously walk until 11 p.m. in Balboa Park. This year marks the five year anniversary of the tragic events at the Pentagon, the twin towers and Shanksville, Pennsylvania. The purpose of the walk is to establish a national tradition to reflect on the lives lost on Sept. 11, renew our commitment to freedom and the values of our country and honor our veterans, past and present. If you want to volunteer at the run, call Aurora at (866) 424-5210. Walkers can register <http://www.operationhomefront.net/sandiego>.

Flight suit policy

The policy regarding the wear of flight suits will be changed if daily abuse observed by the 3rd MAW commanding general continues. Officer and enlisted Marines and sailors are reminded that dirty or unsightly uniforms will not be tolerated under any circumstances. To clarify : Flight suits can be worn in the dining facilities aboard the base, including the food courts and the officer and enlisted clubs. They can also be worn in the exchange closest to the flight line. Personnel are reminded not to wear flight suits when not on duty.

Station commander posts intent

Editor’s note: The following is the guidance and intent written and published by new commanding officer of Marine Corps Air Station Miramar, Col. Christopher E. O’Connor.

Upon assuming command, I want to get my guidance and intent out to every Marine, Sailor, and Civilian Marine as soon as possible so they know where I am coming from.

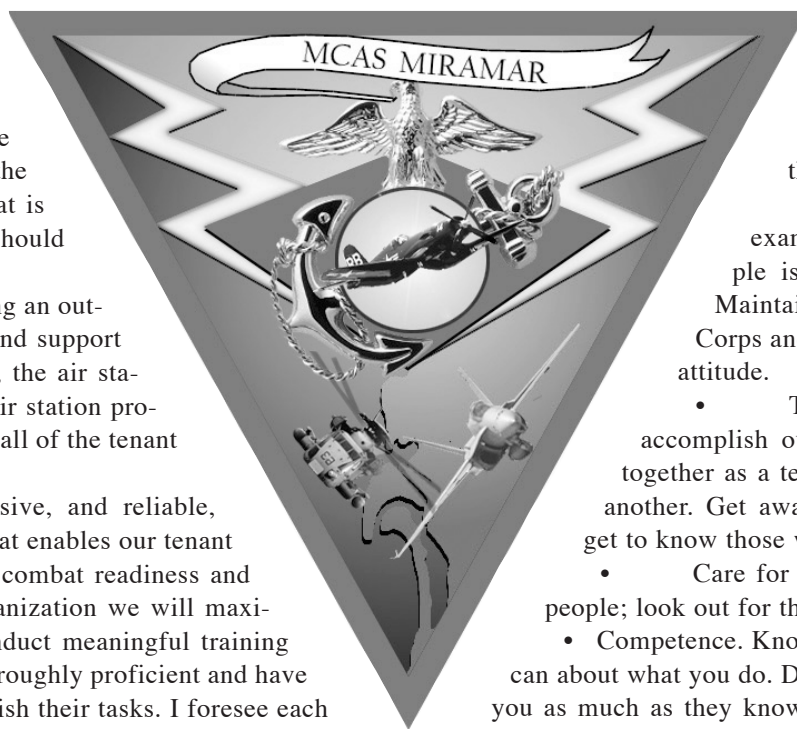
The primary mission of Marine Corps Air station Miramar is to maintain and operate the facilities and provide services and material to support the operations of the 3rd Marine Aircraft Wing and the other tenant organizations. That is the reason we are here and we should never lose sight of it.

I see the air station achieving an outstanding level of operational and support excellence. Whatever the task, the air station will do it well. I see the air station providing world-class facilities to all of the tenant organizations.

I see us providing responsive, and reliable, service and material support that enables our tenant organizations to achieve their combat readiness and training objectives. As an organization we will maximize every opportunity to conduct meaningful training to ensure our personnel are thoroughly proficient and have the necessary tools to accomplish their tasks. I foresee each department conducting an aggressive training program that will enable their personnel to meet all of their tasks and responsibilities and produce a highly proficient and well trained military and civilian workforce. I see this workforce developing innovative ways to enhance how the air station does business. I look to the air station maintaining a work environment where personnel develop and grow both personally and professionally. An environment where Marines, sailors and Civilian Marines look forward to coming to work and will look back on their service to Country and Corps as a positive and meaningful experience. The end state of this is a world class air station that can accomplish any assigned mission and one in which organizations want to come to.

My goals for the air station are straightforward.

- To provide responsive and reliable service and material support to our customers.
- Maintain a work environment where Marines, sailors, and civilian Marines grow and develop personally and professionally and enjoy a sense of personal accomplishment.



- Maintain meaningful relationships with our neighbors and the local communities.
- Be good stewards of the environment and the facilities and equipment that the people of the United States have provided us with.

The following Guiding Principles will assist in achieving these goal:

- Marine Corps Values of Honor, Courage, and Commitment. Hold them dear, they are what make the Marine Corps special.
 - Be a leader. Set the example – Leadership by example is a hallmark of our Corps. Maintain the high standards of our Corps and always maintain a positive attitude.
 - Teamwork.. We cannot accomplish our mission unless we work together as a team. Communicate with one another. Get away from your computer and get to know those who you deal with.
 - Care for your personnel. Know your people; look out for their needs.
 - Competence. Know your job and learn all you can about what you do. Demand your seniors to teach you as much as they know, Challenge how things are done. The best ideas usually come from the individual who is most knowledgeable about the task, no matter what their rank or rating.
 - Courage. Have the moral courage to do what is right and stand up for your principles.
 - Accountability. Each and every person is accountable for their actions. Integrity violations, drug use, and any form of harassment will not be tolerated within the command. We are held to a higher standard and should be proud of that fact.
 - Safety. No one should waiver when it comes to adhering to acceptable standards. There is a right way and a wrong way to do things. We need to make sure we do it the right way. Every leader should ensure their personnel are properly trained and thoroughly understand their duties and responsibilities, It is incumbent upon us all, know our own limitations, take care of one another, and preserve our most important war fighting assets; our personnel and equipment.
- I look forward to working with each and every one of you in accomplishing the air station’s mission.

Families, friends welcome home Marines

Story and photos by

Lance Cpl. Kaitlyn M. Scarboro

MCAS Miramar Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif. – Families and friends cheered as they caught the first glimpse of the more than 230 Marines and sailors who returned Sunday from a seven-month deployment to Iraq.

“I love you!” screamed women.

“Welcome home!” yelled a group of co-workers.

“We missed you!” cheered a few proud parents.

“Hurry up, Let’s go to IHOP!” yelled an eager girl waiting to celebrate the arrival of one of her long-gone pals.

As the United Airlines plane landed at Mitscher field, Marine Corps Air Station Miramar, a flag raised out the top window of the cockpit. On the ground, the band began to play, the crowd began to cheer and Maj. Gen. Samuel T. Helland, commanding general of the 3rd Marine Aircraft Wing, and Col. Christopher E. O’Connor, commanding officer, MCAS Miramar, personally welcomed each service member home.

For most of the families, this was the second or third time they celebrated the return of their loved one.

“It’s just a day that you look forward to, even from the minute they leave,” said Kelli Webster, waiting to see her husband. “It’s something you never get used to, but it’s his job. I can’t describe how proud we are of him.”

Since January, nine units from Yuma, Ariz., Camp Pendleton, Calif., and Miramar deployed to the middle east and provided provisional security at Al Asad Air Base, Iraq.

For a teary eyed Briana Jackson, 1, her father, Staff Sgt. George W. Jackson, Marine Wing Headquarters Squadron, 3rd Marine Aircraft Wing, was gone too long for her to remember him now. She cried next to her



Lance Cpl. Upchurch and his girlfriend Katie Janssen reunite after his deployment to Al Asad, Iraq. While deployed to Iraq, Upchurch provided provisional security for Al Asad Air Base, Iraq. The couple has been together for 2 years. Upchurch is a San Diego native currently stationed at Camp Pendleton, Calif.

father, unsure of who he was. While her twin sister Juli slept, older sister Aneesa, 2, welcomed Daddy home with loving arms.

Another young girl, Kendal Peterson, 2, couldn’t wait for her father, Petty Officer 2nd Class Andrew Peterson, a corpsman deployed with 1st Marine Logistics Group, Camp Pendleton, to get back so he could take her to the zoo to see the zebras, her favorite animal. But first the celebration would start at home.

“We are going to have a barbeque for Daddy,” she said.

Though they were gone for an invaluable seven-months of their lives, the Marines played a necessary and important role in the protection and safety of other service members abroad.

Now they can once again play an active role in the lives of the loved ones they reunited with.



A crowd of family members and friends wave signs to their loved ones as the deployed Marines and sailors returned from Iraq, Sunday. The 230 service members left in late January.

Avionics techs ensure enemies have ‘Nightmares’

Story and photos by

Lance Cpl. Brian J. Holloran

3rd MAW Combat Correspondent

AL ASAD, Iraq -- Miles and miles of wires and advanced electronics are tucked into every available space of the \$30 million AV-8B Harrier jets. One group of Marines is entrusted to make sure every component functions properly for flight.

The avionics shop Marines of Marine Attack Squadron 513, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward), have the tedious task of ensuring the Harriers, packed with high-tech equipment, can perform flawlessly for the pilots on every mission assigned.

“We are in charge of everything electrical on the aircraft, which is about 90-95 percent of the bird,” said Sgt. William R. Baggett, AV-8 communications technician, VMA-513.

The avionics shop maintains and repairs the weapons, navigation and communications systems.

They also do a lot of work with the other shops throughout the squadron, according to Baggett, a native of Cocoa Beach, Fla.

“There isn’t a shop here that we don’t work with,” said Baggett. “With so many electronic systems on the aircraft, we have to keep a constant work relationship with all the other shops in the squadron.”

Working on an aircraft that is so

dependant upon its electronic devices means a lot of work for the Marines tasked with its maintenance.

“I think most of the pilots and avionics Marines are very similar,” said Capt. Carlton A. Wilson, Harrier pilot, VMA-513. “Most of us were probably the kids in high school who were always on the fringe of being geeky. You would probably find both groups playing sports, but behind that facade were kids who took calculus and always had the newest computer games.”

Avionics’ top priority is maintaining the AN/AAQ-28 Litening Pod II.

“The Litening Pod is the most important piece of gear we are responsible for,” said Baggett.

The pod is a wing-mounted device that allows pilots to see ground movement from 25,000 feet in the air in addition to other vital intelligence features.

Along with giving the pilots the ability to scout the terrain ahead of ground forces, the Litening Pod also grants pilots pinpoint accuracy with laser-guided munitions.

“With the pod, pilots can target a building and then place the crosshairs on any part of that building and the bombs will follow,” said Baggett. “They can put them through a window if that’s where they need to put them.”

The pilots of VMA-513 appreciate the hard work the avionics shop does to keep them flying and fighting.



Cpl. Michael Top (left) and Lance Cpl. Erik Meza check and make sure that the new aviation interior utility light works onboard an AV-8B Harrier jet at Al Asad, Iraq, August 15. The light is used by pilots to read maps while in flight. Top and Meza are both AV-8 communications technicians for Marine Attack Squadron 513, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward), and are responsible for maintaining every electronic system onboard the Harrier.

“The avionics Marines are instrumental to what makes the Harrier the best aircraft for close air support,” said Wilson, a native of Austin, Texas.

“If it wasn’t for the systems they maintain, like our radios, the Litening Pod, and our new mission computer soft-

ware, H2.O, we would be ineffective in the current fight taking place on the ground. The requirements for precision munitions and information gathering in support of the Marines on the ground continue to make avionics an essential shop in the squadron.”

Fueling the fight

‘Ironmen’ bulk fuelers keep aircraft mission capable in Iraq

Story and photos by
Lance Cpl. Brandon L. Roach

3rd MAW Combat Correspondent

As the scorching sun pounds on the tarmac and the blistering winds rip across the desert floor, the Marines with Marine Wing Support Squadron 274's fuels section know that without them, flying in Iraq would not be possible.

Throughout the last six months, these Marines have operated in a secluded section of the base refueling rotary and fixed wing aircraft in support of Operation Iraqi Freedom.

"Our mission is to provide the best fuel possible as fast as possible," said Sgt. Shawn M. Parris, fuels embark specialist, MWSS-274, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing (Forward). "Doing this the best we can ensures that everyone's operations run smoothly."

When an aircraft makes its way to the refueling area, known as the hot pits, the Marines rush out and prepare the hoses and pumps to execute a hot fuel.

"A hot fuel is when the aircraft comes

to our re-fueling point and the engines continue to run while we fill their tanks," said Parris. "This is done in case they have to leave quickly."

With roughly 180,000 gallons of fuel in one section of the refueling point, the Marines have their work cut out for them when maintaining the area.

"We have a routine that the Marines have gotten down," said Sgt. Carlos I. Castillo, bulk fuels specialist crew leader, MWSS-274. "We always have things to do, which makes the time pass by quickly."

Each of the two shifts consist of approximately 15 Marines and when they start their 24-hour shift they go over all of the fuel lines and fuel bladders to ensure that there is no cracking or leaking.

"Our biggest enemy is the lines dry rotting," said Parris. "The harsh conditions dry out the lines and the outside of the fuel bladders, which can cause small leaks."

Although always on the move, both inspecting and repairing equipment, testing fuel to maintain quality, or fueling birds, these motivated Marines know that their mission is to support OIF.

"Every person's mission out here is just as important as the next person's," said Parris. "We all have to complete our jobs in order to effectively help Iraq."

Having more and more flights coming in and out of Al Asad, the Marines find



Lance Cpl. Chad M. Truax makes sure all the valves are closed on the fuel lines during a preventive maintenance inspection Aug. 8, at Al Asad, Iraq. Truax, a native of Kenosha, Wis., is a bulk fuels specialist with Marine Wing Support Squadron 274, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing (Forward).

themselves working harder to keep the aircraft fueled and in the air.

Some Marines train their whole careers for that moment they may have to face the dangers of combat.

The fuels section of MWSS-274 knows that for those Marines outside the

perimeter of Al Asad, their support comes from the aircraft refueled by the Marines here.

"We came over here to make a change," Parris said. "If I have to do that by pumping fuel into these birds, then that is what I will do."



Above -- Lance Cpl. Castulo Lopez waits for a UH-1N Huey to complete fueling Aug. 9, at Al Asad, Iraq. Throughout the last six months, the Marines from Marine Wing Support Squadron 274 have operated in a secluded section of the base refueling rotary and fixed wing aircraft in support of Operation Iraqi Freedom. Their mission is simple -- keep the aircraft full of fuel and in the air. Lopez, a native of Spartanburg, N.C., is a bulk fuels specialist with Marine Wing Support Squadron 274, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing.



Left -- Truax checks the belts on a fuel pump to ensure they are in working order Aug. 9, at Al Asad, Iraq. Truax is a native of Kenosha, Wis., and is a bulk fuels specialist with Marine Wing Support Squadron 274, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing. One of his daily duties is performing preventive maintenance on all the equipment at the fueling site.

Weekend warrior no more, Reserve Marines drop stigma

Story and photo by Sgt. Leo Salinas

Headquarters Marine Corps

Richard Litto does not like the term “weekend warrior.” In fact, he despises it, and the mere mention of the phrase triggers a standoffish response in a thick, South Boston accent.

“I don’t like it,” said Litto, a reserve Marine on active duty at Westover Air Reserve Base, Mass. “We’re all Marines regardless of what status we’re in.”

And Litto is a true Marine. The 46-year-old sergeant currently serves with Marine Air Support Squadron 6; however, when called up for active duty from the reserves, he wanted to be with the action. He wanted Iraq.

Litto adjourned his civilian duties as a Boston police officer and joined the 6th Civil Affairs Group, a unit that primarily focuses on promoting good community relations in Iraq.

“I made the choice. I volunteered. I wasn’t told I had to go to Iraq,” said the Boston native. “I owe the Marine Corps for everything the Marine Corps has done for me.”

Nowadays, a typical reserve Marine no longer goes by “weekend warrior,” a term derived from reservists who typically trained two days a month, and two weeks a year.

Litto, and thousands like him, have whirled into fast-paced lifestyles as a result of the Corps’ high operational tempo. And reserve Marines no longer dwell in the shadows of active duty but rather shine by augmenting active-duty units. They man the gates in the rear when active-duty Marines deploy, or they join fellow infantrymen in the thick of battle.

Reserve Marines can be found in some of the most dangerous hotspots in Iraq. When mobilized to active duty to the Al Anbar province in 2005, Marines from Ohio’s 3rd Battalion, 25th Marine Regiment, took perhaps the heaviest toll of any unit: 48 Marines and sailors killed in action.

But a reserve warrior’s daily life on the home front can be much different from active duty, as some are everyday citizens living double lives as Marines. These citizens, however, must nevertheless maintain military standards – and oftentimes where workout facilities, uniforms, and training can be hard to find

Just getting the basics

Minor predicaments add up for reserve Marines, like finding a barber who knows



Sgt. Richard Litto wears two professional hats as a Boston police officer and a Marine. The 46-year-old left behind his wife and five children to deploy to Iraq during Operation Iraqi Freedom. Litto, and thousands like him, have whirled into fast-paced lifestyles as a result of the Corps’ high operational tempo. And reserve Marines no longer dwell in the shadows of active duty but rather shine by augmenting active-duty units. They man the gates in the rear when active-duty Marines deploy, or they join fellow infantrymen in the thick of battle.

Marine Corps standards or a tailor who can ensure uniforms meet Marine Corps regulations.

On any given Marine Corps base or station – and with little effort – one can usually find barbers, tailors and military clothing, and prices relatively fixed to suit a Marine’s wallet.

Getting creative, Litto’s squadron site commander Maj. Dan Sprenkle said he has taken uniform regulations in writing to local shops so civilian-minded tailors can get it right.

The model look of a Marine is square-jawed and barrel-chested – an epitome of fitness. Not all Marines look this way, but with a gym in every main area of their installations, most are afforded the opportunity to try. Reserve Marines, on the other hand, must adapt.

“We have to present ourselves professionally as Marines,” said Litto. “You want to be the best no matter what because we are the best.”

Marine Corps Community Services does, however, help reserve Marines more distant from the proverbial guard house, as some Marines have discovered.

When the gym shut down on his reserve

base, leaving no immediate facility for his squadron to train, Sgt. Alvin Mclean, a Marine formerly attached to the unit, obtained off-base gym memberships so he and his unit, MASS-6, could exercise indoors through the winter. MCCS paid the bill.

Inaccurate and outdated

The past five years have been a busy time for reserve Marines. Many have been taken out of their normal day-to-day lives and thrust into the Corps’ high op tempo.

Sgt. Luis Sepulveda works as the career retention specialist for MASS-6 and Marine Wing Support Squadron 472, both reserve units. His job is to keep Marines in the reserve force and to reenlist Marines who want to transfer to active duty from the reserves. After leaving active duty, he noticed a big change in camaraderie and understands why most enlistments he oversees are reservists who want to join active duty, he said.

Both reserve and active-duty Marines attend the same recruit training, and both attend the same schools for their respective Marine Corps occupations. That is where the active-duty lifestyle ends for reserve Marines.

Those on active duty normally go to a Marine Corps installation.

Reserve Marines go back to their hometowns.

When Sepulveda talks to Marines wanting to reenlist on active duty, that lifestyle is the biggest selling point, he said.

“Usually right after deployments, it’s the most challenging,” said the Amarillo, Texas, native. “Now reservists are jumping to active duty because they enjoy the camaraderie.”

He sees reserve Marines bearing the same conviction as those on active duty.

“‘Weekend warrior’ is an old-fashioned statement,” he said. “I think it is an old term; it doesn’t apply anymore.”

Sprenkle said he is proud of his reserve unit but didn’t start with that attitude toward reservists when he was on active duty. He referred to them as “spare parts.” But that was the past.

“I’m a convert,” said the 37-year-old from Tucson, Ariz. “I used to give reservists a hard time all the time.”

Now he sees proficiency and professionalism, and he respects reserve Marines for fulfilling, in less time, the same training requirements as those on active duty.

Drug-Free Run promotes personal health

Story and photos by Lance Cpl.
Kaitlyn M. Scarboro

MCAS Miramar Combat Correspondent

Marine Corps Air Station Miramar held a 5K Drug-Free Run here Aug. 17 to promote personal health and to send a message to Marines on how to have a safe and healthy 101 days of summer.

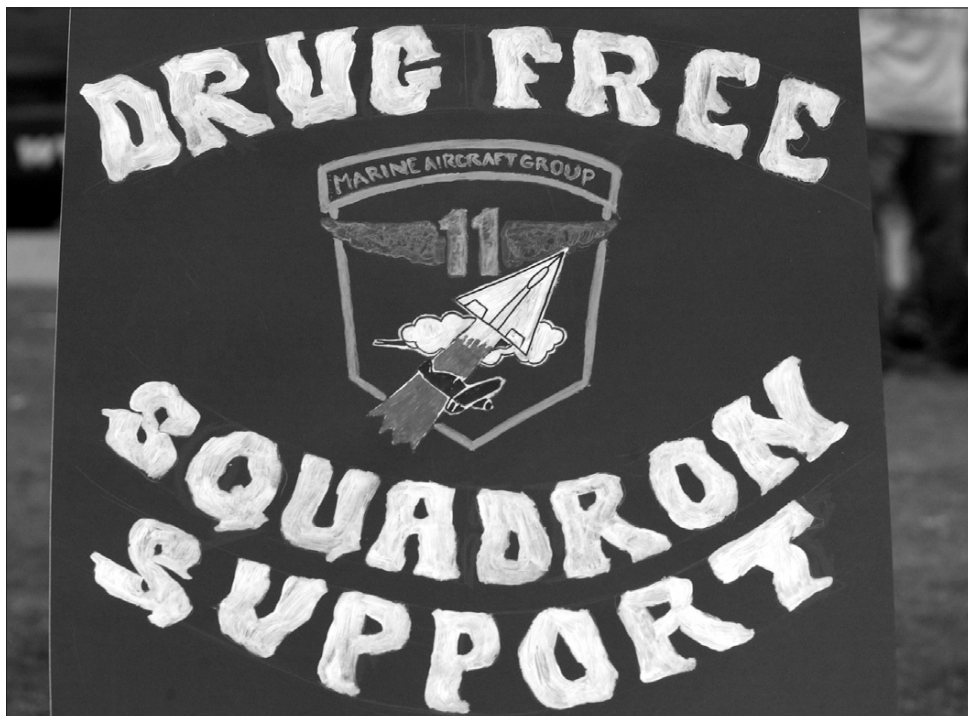
MCAS Miramar Marine Corps Community Service held the event with more than 450 people participating in the fun run.

The run was held during the Dog Days, also known as 101 Days of Summer, a program that runs May through September aimed at increasing awareness of alcohol safety as well as sending a message to the Marines aboard the air station on how to have a safe and fun summer without the use of drugs or alcohol, explained Julie Carlson, health promotion director of MCCS, MCAS Miramar.

Although there was no cash prize for the run, Marines had the opportunity to show support for a drug and alcohol free lifestyle.

“There was a great turn-out and I hope that the Marines were happy,” said Carlson.

During the event, there was also a poster contest where Marines could design and construct a poster with an anti-drug message on it and win a cash prize towards their unit funds, added



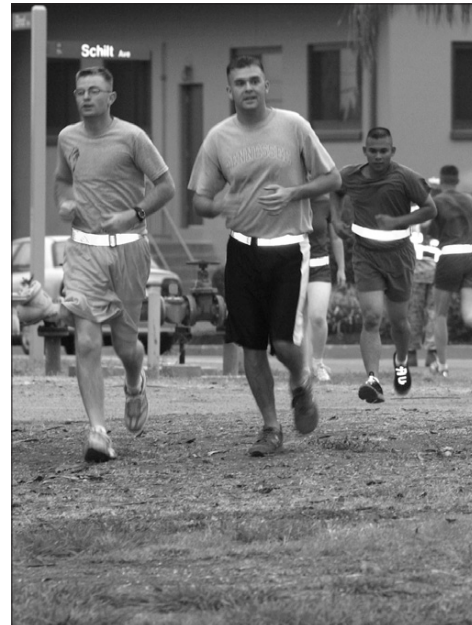
The winning poster from the drug free poster contest was displayed at Marine Corps Community Service's 5 kilometer fun run. The poster was designed by Cpl. Melvin Chan, the training noncommissioned officer for Marine Aircraft Group 11, 3rd Marine Aircraft Wing. Chan won top honors and a \$50 cash prize was donated to his unit's funds from MCCS.

Carlson.

Cpl. Melvin Chan, the training noncommissioned officer for Marine Aircraft Group 11, 3rd Marine Aircraft Wing, was the winner of the \$50 unit cash prize for the contest, and entered the event after calling MCCS and found out about the opportunity to raise money for the squadron.

“I entered the contest for fun,” Chan said. “Our shop also participated in the run.”

Throughout the 101 Days of Summer, MCCS holds events to help keep Marines in shape and have a fun doing it. They provide service members the opportunity to compete in the Black Thursday competitions, a three-point



As Marines finish the Marine Corps Community Service's 5 kilometer Drug-Free Run, others return to the race path to continue running. They also encouraged the Marines who were headed towards the finish line as they ran past. More than 450 people participated in the run, promoting a healthy, drug-free lifestyle.

shoot-out, and a free-throw basketball tournament as well as part of the summer safety campaign. There also is a dodgeball tournament that is slated to take place Aug. 29, added Carlson.

“Hopefully the Marines have a little fun and take home the message to stay drug and alcohol free this summer,” said Carlson.



Left **CENTRAL TRAINING AREA, OKINAWA, Japan** -- Personnel participating in a Special Patrol Insertion/Extraction exercise hang from a 120-foot SPIE line attached to a CH-46E Sea Knight helicopter from Marine Medium Helicopter Squadron 265 Aug. 11. Each service member is attached to two metal rings on the line. Each ring can support a maximum of 3,000 pounds. *Photo by Sgt. C. Nuntavong*

Above **MARINE AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.** -- Marine Corps "tankers" from the Twentynine Palms, Calif.-based Company C, 1st Tank Battalion, rest aboard one of their M1A1 Main Battle Tanks after a 12-hour work day in Iraq's 110-degree weather in Al Qa'im, Aug. 5, 2006. Company C is currently attached to Regimental Combat Team 7, the U.S. military unit responsible for providing security and mentoring Iraqi Security Forces in western Anbar – an area more than 30,000 square-miles in size, or about the size of South Carolina, according to the Marines here. In addition to supporting the regiment 's infantrymen with massive amounts of firepower on the battlefield, Company C's tanks and their crews are considered an invaluable asset to Marines "on the ground" – they add an extra layer of protection for patrols and convoys traveling Iraq's bomb-laden roads. The unit's mechanics log in 12-plus hour days, usually six or more days a week, turning wrenches and repairing parts to keep the 68-ton behemoths operational. The mechanics say that for every hour a tank is operated, about six hours of regular maintenance is required to keep the tank operable, "give or take." *Photo by Cpl. Antonio Rosas*

Announcements



Is this your Camaro?

The above vehicle has been marked for impound by the Provost Marshal’s Office. To avoid having the vehicle towed, please store it in the Marine Corps Community Services or Traffic Management Office lots. Abandoned vehicles at Marine Corps Air Station Miramar present security risks as well as environmental and safety concerns. PMO attempts to identify and contact vehicle owners of illegally parked, abandoned vehicles prior to tagging the vehicle with a Department of Defense notice. Vehicles are then scheduled for towing three days following the notice. For more information, call 577-4139.

The following vehicles have been impounded and need to be claimed by the owners. Towing fees average \$113, storage fees \$28 daily. For more information call 577-1461.

Vehicle:	License:
97 Mercury Cougar	CA#5ERX749
95 Chevy Z71	NC#VNM8676
85 Lincoln Mark 8	CA#5EOC408
06 Kawasaki Motorcycle	TX#579PYF

Miramar Movies

The Bob Hope Theater is located on Elrod Ave. and will be featuring the following movies. Outside food and drinks are not permitted. For more information, call 577-4143 or log on to www.mccsmiramar.com.

Friday:
6:30 p.m. You, me and Dupree (PG-13)
9:00 p.m. Pirates of the Carribean 2 (PG-13)

Saturday:
1:00 p.m. Pirates of the Carribean 2 (PG-13)
6:30 p.m. Pirates of the Carribean 2 (PG-13)
9:00 p.m. Click (PG-13)

Sunday:
1:00 p.m. Devil wears Prada (PG-13)
6:30 p.m. *Superman Returns (PG-13)

Wednesday:
6:30 p.m. Clerks 2 (R)

Thursday:
2:00 p.m. Monster House (PG)
6:30 p.m. *The Devil Wears Prada (PG-13)

* Indicates the last showing for that film.

Mom or Dad Deployed?

The Marine Corps Air Station Miramar Youth and Teen Center is hosting a gathering for children of deployed Marines and sailors every first and third Monday of each month.
Children ages 8 to 10 meet from 3:30 to 4:15 p.m., ages 11 to 13 meet from 4:30 to 5:30 p.m. For more information, call 577-1322.

Religious Services

The Chaplain’s Office is located in Building 5632 and coordinates regularly-scheduled worship services. For the location and meeting schedules of religious activities, contact the Chaplain’s Office at 577-1333.

Sunday:
9:30 a.m. Protestant worship service
11 a.m. Roman Catholic Eucharist
Wednesday:
7 p.m. Baptist service
Monday-Friday:
11:30 a.m. Roman Catholic daily mass
Jewish:
7 p.m. First Friday of the month MCRD
7:30 p.m. Last Friday at Edson Range Chapel

Successful Parenting Class

The Marine and Family Services Center here is now offering a Successful Parenting class each month. The class covers a variety of topics, including learning how to manage tantrums, how to be consistent in parenting and age appropriate consequences. Located in building 2274 on Elrod Ave., the classes are free and no registration is required. For more information, contact the center at 577-6585.

Hockey Try-outs

It’s hockey season again and the MCAS Miramar Ice Hockey team is looking for new players for their upcoming season. Any active-duty Marine or sailor aboard MCAS Miramar is invited to try out. Tryouts will be held on Sunday, Aug. 27 at the SD Ice Arena at 10:15 p.m. after their first exhibition game. Prior hockey experience is requested. For more information, contact Anthony Holm at (858) 386-3113.

Black Thursday Winner

HMC Al Ranola from the Branch Medical Clinic was this month’s Black Thursday winner, completing 115 push-ups in one minute. Next month’s event is the 100-meter dash and will be held on Sept. 21 at noon. For more information, contact the Miramar Sports Complex at 577-4128.